

Dear Governor Rell & Connecticut Legislatures:

My name is Roxann and I am a 42 year old woman. I battle with 2 illnesses: mental illness and addiction. I started when I was a young girl. It started when I was in grammar school and I had a learning problem. I had a hard time and I wasn't comfortable inside myself. When I was 10 years old I started my addictions and over the years it got worse. I only made it to 9<sup>th</sup> grade. I went to many detox programs. When I finished them I went back out onto the street. I stood under bridges outside and got myself involved with men who let me stay with them. They controlled my life. I wasn't able to do for myself. Life has been a battle for me.

The last program I went to was at CVH where I went to detox. Then I went to their downstairs program called the STAR program. There I learned DBT skills. I finished that program and made it to the Katie Blair House. I've been here since 2/1/10. They have been working with me to be a more positive person in life. They have made me go for counseling where I see a doctor who treats my mental illness. I go to at least 5 AA or NA meetings a week. My Katie Blair House Case Manager has helped me create a resume in order to find work. I put in many applications and finally got a job. The staff has helped me set my goals for the future. I want to be a responsible, sober and independent woman. I want to repair and resume my relationships with my three children ages 19, 13, and 6. I thank God for my home here at Katie Blair House. My home is safe and if not for this home I would have been thrown back on the street with no support or proper medication. I have hope for my future. I can now dream of a future for myself.

Thank you for listening to my story. Please do not cut spending to programs like the Katie Blair House.

A handwritten signature in cursive script that reads "Roxann Zappone". The signature is written in dark ink and is located at the bottom right of the page.